

MAY 2018

THE SENIOR SCENE

Ludlow Senior Center

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(413) 583-5658

○ Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

JAMMIN' WITH JODI

Where to start? THANK YOU! I still can't believe we are getting a new facility. Thank you all for your support, hard work, and advocacy in helping us achieve our goal. It has been a long road but we still have a long way to go. The Senior Center Building Committee meets regularly and it is an open meeting so you are more than welcome to join us. The agendas are posted at the Center and at Town Hall. The meeting is normally on Thursday evenings. Please call 583-3564 for more information or you can e-mail me at jzepke@ludlow.ma.us. Please remember this is a long process so I don't know when we are moving in just yet.

I am really hoping that the Lounge will be fixed by the end of May as well. They are scheduled to begin the repairs on May 7. Please bear with us during the repairs, but I cannot wait to be all fixed!

So I am realizing that people are not understanding what the Memory Café is or what a caregiver support group is. They are both amazing programs! If you are the caregiver of a loved one with memory issues, please come to the Memory Café. It is a program where we have fun activities and leave the issues at the door. It is meant for the both of you to come and enjoy some time together. You must register for this program so please call me if you are interested. It is a free program as well and sponsored by a grant from WestMass ElderCare. It meets the 3rd Friday of the month. May 18 is the next Café.

The Caregiver Support Group is for those taking care of a loved one. You do not have to live with that person and is a place for you to vent and seek support. We are working on having some speakers as well. You do not need to register for the group although it is helpful to know who is coming. The group meets the 2nd Tuesday of the month. May 8 is the next meeting. Please if you have questions about either program just let us know.

Spring is FINALLY in the air and makes me smile! Again, thank you for all the support! Please remember my door is always open. I can also be reached at 413-583-3564 and jzepke@ludlow.ma.us.

Jodi Zepke

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

PEDICURE WITH TOWN NURSES

Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctors, before a pedicure can be given. Pedicures are \$10. Appointments are required. They may be made by calling the center.

DROP-IN WITH A NURSE

Every Thursday From 10 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or to ask the nurse a question.

HEARING CLINIC

Deb Stroetzel: Tuesday, May 29

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required. They may be made by calling the center.

MASSAGE THERAPY

Meaghan Murphy: Mondays & Wednesdays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required. They may be made by calling the center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1 p.m. - 2 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify that a nurse is on site.

FACIALS

Diane Neill: Wednesday, May 23

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one-hour facial starts at just \$30. Appointments are required. They may be made by calling the center.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, May 8, at 10 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Signing up is appreciated, but not mandatory.

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, May 9, at 10 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Wednesday of each month and find out what you can do to help.

STATE SENATOR LESSER OFFICE HOURS

Thursday, May 10, at 10:30 a.m.

Talk with State Senator Eric Lesser's district director. Joel McAuliffe visits the center the second Thursday of each month.

BROWN BAG PROGRAM

Tuesday, May 15, from 1 p.m. - 3 p.m.

Offered through the Food Bank of western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Applications are available at the senior center. Pickup is the third Tuesday of each month.

COUNCIL ON AGING BOARD MEETING

Wednesday, May 16, at 4:30 p.m.

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

TRIAD

Wednesday, May 23, at 10:00 a.m.

Held the fourth Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference.

VETERANS AGENT OFFICE HOURS

Wednesday, May 23, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

MEN'S BREAKFAST CLUB

Friday, May 25, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham.

SENIOR CENTER TRIPS

Sign up with Sarah beginning May 1 at 8 a.m. by calling 583-3564.
You may sign up yourself and your spouse. You may not sign up a friend or relative.

Lee Outlet

Tuesday, May 8

Cost: \$2.00

Departure: 9:00 a.m.

Join us for a day of shopping at the outlets with lunch on your own. Lunch is not included in the price of the trip.

Ware Walmart

Tuesday, May 22

Cost: \$2.00

Departure: 9:30 a.m.

We'll start at Walmart, take a break for lunch, and end with Dollar Tree. Lunch is not included in the price of the trip.

Lunch Bunch: Munich Haus

Thursday, May 31

Cost: \$2.00

Departure: 11:15 a.m.

We're traveling to Chicopee for some great German food! Menu's are available at the front desk. Lunch is not included in the price of the trip.

TRANSPORTATION SERVICES

Important Details

- Pickup times are a 30-minute window.
- Van service is available for in-town rides only.
- Rides to the center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the center
- The latest appointment we can accommodate is 2:30 p.m., as the van makes its last trip around 3:30 pm.

Our Fees (One-Way Fares)

To the senior center: \$.50

To other Ludlow locations: \$.75

Monthly Shopping Trips

Eastfield Mall, or Stop & Shop

Monday, May 7

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation, please include which stop you prefer.

Big Y, or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation, please include which stop you prefer.

CONTINUING ACTIVITIES

Monday

8 a.m. Fitness Room
9 a.m. Knitting
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
10 a.m. Dominos
12 p.m. Lunch
12:30 p.m. Donors 9-Ball
 Round Robin Billiards
1 p.m. Pitch
1:15 p.m. Movie

Tuesday

8 a.m. Fitness Room
8:30 a.m. Pedicure Appts
8:30 a.m. Ceramics
9 a.m. Quilting
12 p.m. Lunch
12:30 p.m. Men's
 Round Robin Billiards
1 p.m. Bingo
1 p.m. Bridge
1 p.m. Blood Pressure

Wednesday

8 a.m. Fitness Room
8 a.m. Open Billiards
8:30 a.m. Ceramics
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Pitch
1 p.m. Ludlow Golden
 Senior Club Bingo

Thursday

8 a.m. Fitness Room
8:30 a.m. Ceramics
9 a.m. Tai Chi
9:30 a.m. Women's
 Billiards
10 a.m. Drop-In Nurse
10 a.m. Yoga
12 p.m. Lunch
12:30 p.m. Donors 8-Ball
 Round Robin Billiards
1 p.m. Choral Group
1:15 p.m. Classic Movie

Friday

8 a.m. Fitness Room
8 a.m. Open Billiards
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Coloring Club
1 p.m. Cribbage
1:15 p.m. Chair Volleyball

MAY MOVIE SCHEDULE

Phantom Thread
 (R, 130 Min)
 May 7

Starring: Daniel Day-Lewis. Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover. (IMDB)

The Post
 (PG-13, 116 Min)
 May 14

Starring: Meryl Streep, Tom Hanks. A cover-up pushed the country's first female newspaper publisher and a hard-driving editor to join a battle between the press and the government. (IMDB)

The Greatest Showman
 (PG, 105 Min)
 May 21

Starring: Hugh Jackman, Michelle Williams. Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. (IMDB)

CLASSIC MOVIES

The Painted Desert
 (1931, 79 Min)
 May 3

Starring: William Boyd. Two men find an abandoned baby and fight over the child resulting in lifelong rivalry. (IMDB)

Fun Fights At Red Sands
 (1963, 97 Min)
 May 10

Starring: Richard Harrison. A stranger guns down a gang of ruthless bandits in revenge for the murder of his family. (IMDB)

Robin Williams Live On Broadway
 (2002, 126 Min)
 May 17

Starring: Robin Williams. The fourth HBO stand-up special by Robin Williams. (IMDB)

Cirque Du Soleil's Varekai
 (2003, 112 Min)
 May 24

The story of Icarus, whose wings melt when he flies to close to the sun. (IMDB)

Sight & Sound Theatre's Noah The Musical
 (1936, 128 Min)
 May 31

The musical story of Noah as told by Sight and Sound Theatre. (IMDB)

MAY ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8 a.m. Trip Signups 1 p.m. Decorating Group	2 11:30 a.m. "Lendini" Performs Table Magic In The Dining Room	3 1:15 p.m. Classic Movie: The Painted Desert (79 Min)	4 11:15 a.m. Horse Races
7 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Phantom Thread (R, 130 Min)	8 9 a.m. Lee Outlet Trip 10 a.m. Caregiver Support Group	9 10 a.m. Friends Meeting 2 p.m. Trivia	10 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: Gun Fights At Red Sands (97 Min)	11 MOTHERS DAY LUNCH 11:00 a.m. Eric Weld & Donna Lee Perform in the Dining Room 1:30 p.m. Book Club
14 1:15 p.m. Movie: The Post (PG-13, 116 Min)	15 1 p.m. Brown Bag 1:15 p.m. "Love Potion" The Opera Showing Part 1	16 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting	17 1:15 p.m. Classic Movie: Robin Williams Live On Broadway (126 Min)	18 10:00 a.m. Memory Cafe
21 1:15 p.m. Movie: The Greatest Showman (PG, 105 Min)	22 9:30 a.m. Ware Walmart Trip 1:15 p.m. "Love Potion" The Opera Showing Part 2	23 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	24 1:15 p.m. Classic Movie: Cirque Du Soleil's Varekai (112 Min)	25 MEMORIAL DAY LUNCH 8:30 a.m. Men's Breakfast In Ludlow 11:00 a.m. A Ray Of Elvis Performs 1:30 p.m. Book Club
28 CLOSED FOR HOLIDAY	29 1 p.m. Hearing Appointments	30 1:30 p.m. RMV Near Me	31 11:15 a.m. Lunch Bunch Trip 1:15 p.m. Classic Movie: Sight & Sound Theatre's Noah The Musical (128 Min)	

MAY LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Burger Sweet Potato Fries	2 Chef Salad	3 Salmon Boat 1/2 Baked Potato Vegetable Medley	4 Baked Stuffed French Toast Sausage Link
7 Shepherd's Pie	8 Liver & Onions Scallop Potato Green Beans	9 Chicken Cacciatore Over Egg Noodles	10 BBQ Riblet Coleslaw Tater Tots	11 MOTHERS DAY LUNCH Lemon Chicken Rice Harvard Beets
14 Spaghetti & Meatballs Garlic Bread	15 Chicken Caesar Salad	16 BIRTHDAY LUNCH Meatloaf Mashed Potatoes Glazed Carrots	17 Ham & Stewed Tomato Over Rice	18 Pizza "Must Go" Soup
21 Macaroni & Cheese Stewed Tomatoes	22 Chicken Teriyaki Fried Rice Vegetables	23 Meat Lasagna Garlic Bread	24 Vegetable Frittata Roasted Potatoes	25 MEMORIAL DAY LUNCH BBQ Chicken Thighs Macaroni Salad Cucumber Salad
28 CLOSED FOR HOLIDAY	29 Meatball Grinder Chips	30 Seafood Newburg Over Rice	31 Turkey Tetrazzini	

SPECIAL EVENTS

Decorating Group

Tuesday, May 1, at 1 p.m.

Do you enjoy decorating large dining rooms or creating center pieces? If you answer “yes,” join us as we pick colors and plan for the coming months.

Table magic with “Lendini”

Wednesday, May 2, at 11:30 a.m.

Join Lenny Nadeau in the Dining Room for an enchanting lunch. Lenny will be going from table to table in the Dining Room mesmerizing everyone with his magical abilities.

Horse Races

Friday, May 4, at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your horse and if you win, pick a prize from the prize table.

Trivia

Wednesday, May 9, at 2 p.m.

We'll break into teams and answer questions ranging from current events to visual puzzles.

“Love Potion”, The Opera

Tuesday, May 15 & 22, at 1:15 p.m.

The comic opera, “Love Potion” or “L’Elisir d’Amore” will be shown in two parts at 1:15 p.m. on Tuesday, May 15 and May 22. Sung in Italian with English subtitles and starring Anna Netrebko and Rolando Villazon. Jan Grimaldi will give a brief introduction.

New Senior Center Update

Wednesday, May 16, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of a potential new senior center.

Memory Cafe

Friday, May 18, at 10:00 a.m.

A memory café is a social gathering for individuals living with dementia and their care partners. Guests are welcome whose dementia is due to any underlying condition. Also welcome are those at any stage of Alzheimer’s. Care partners can include spouses, children, friends, and professional caregivers. Cafés are a place to talk with others who understand what you are going through, and to leave behind limitations and focus on strengths. Contact Director Jodi Zepke for more information and to register.

Jewelry with Sandy Merrill

Wednesday, May 23, at 9:30 a.m.

Come and create your own jewelry. The class is \$3.00 plus the cost of your supplies. Please pre-register at the front desk, as this class fills quickly.

RMV Near Me

Wednesday, May 30, 1:30 p.m. - 3:30 p.m.

Ludlow Senior Center staff provide five common transactions at the senior center. We can’t take pictures for identification photos, but we can assist in filling out and submitting forms for identification cards, licenses, and registrations. You must renew at the RMV if you are 75 or older. The RMV has extended the length of time a customer can use a license photo from 9 years to 14 years. In addition, customers will be eligible to renew their licenses or ID cards online for two consecutive renewal periods.

SPECIAL LUNCHES

Mother’s Day Lunch

Friday, May 11
at 11:00 a.m.

Eric Weld & Donna Lee perform in the Dining Room. Their show will pay tribute to all the mother’s!

Birthday Lunch

Wednesday, May 16
at 11:30 a.m.

Those born in May have their meal on us. Simply tell us it’s your birthday when you sign up for lunch.

Memorial Day Lunch

Friday, May 25
at 11:00 a.m.

A Ray Of Elvis will perform in the Dining Room! You won’t want to miss this show!



Join Us For Lunch

Now that the warm weather is finally here, you have no more excuses for sitting at home eating lunch alone or not eating at all because you don't know what to make.

Let our cook, Kathy, make you a delicious lunch while you sit and socialize with your friends and neighbors. Receive a nutritious lunch, including dessert, for only \$2.00. To find out what is for lunch, look at the pullout from this newsletter. The only thing we ask is that you make reservations for lunch by 9:00 am on the date you wish to attend. Call 583-3564 to make your reservation.

New Medicare Cards: 5 Things You Need To Know

Beginning last month, April 2018, the Centers for Medicare and Medicaid Services started sending out new Medicare cards. The new cards are being sent to decrease identity theft by removing your Social Security number from your Medicare identification cards and replacing it with a new unique number.

Here's what you need to know before they arrive.

- 1) Medicare cards are being sent between April 2018 and April 2019. Make sure your address is up to date because Medicare will be sending it to the location associated with your Social Security account.
- 2) Your new card will no longer include your Social Security number. It will include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started.
- 3) Start using your new Medicare card once you receive it. Destroy the old one immediately.
- 4) Keep your Medicare Advantage, Part D prescription, and/or Medigap. Continue using your health or drug plan's card when you get health care or fill a prescription.
- 5) The Railroad Retirement Board will issue new cards to Railroad Retirement beneficiaries.

Monday, May 28 is parade time!

We're looking for as many people as we can get to walk or ride with the Senior Center. The parade route is less than two miles long and we walk at a very leisurely pace. If you would like to walk part of the route and then ride in the van, that is no problem. On Monday the 28 we'll meet at the center by 7:30 a.m. If you want to join us, see Carla Roberts.

FRIENDS OF THE LUDLOW SENIOR CENTER

○ Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, May 16

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

You Shop. Amazon Gives.

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Friends of the Ludlow Senior Center**, whenever you shop on AmazonSmile. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your charitable organization by starting your shopping at smile.amazon.com

Donations for the New Building Fund are shown with a (BF) following the name

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Jim & Celeste Chenier - Tea Bags
- Pam Palwan – Coffee
- Olga Lozyniak – Coffee & cups
- Janet Reynolds – Napkins
- Raymond LaRose

DONATIONS RECEIVED IN MEMORY OF:

Mary Hope:

Margaret & James Bernard
Edna White
Viola Petrolati
Darlene Monteiro
Ruth Pancotti
Stephanie Tyburski
Janet Reynolds
Stephan & Linda Fanion
Rita Batista
Jules St. Pierre
Patricia & Charles Stagnaro
Gilbert Myette
Elizabeth Aniolowski
Etta Brockney
Barbara Green
Joan Methot
Christine Miarecki
Keystone Commons
Lisa Salamon
Sylvia Ouellette
Terry Salli-Footit
Dina & James Bevivino
Ella Holbrook
Donna Grossman
Berit Berntsen
Naomi White (BF)
Mr. & Mrs. Charles Laramée (BF)
Nancy & Lonnie Cavin (BF)
Deborah Thompson (BF)
Christine Pietrowski (BF)

Anita Allen (BF)
Mr. & Mrs. James Bernard (BF)
Mr. & Mrs. Richard Desmarais (BF)

Richard Dietrick:

James & Celeste Chenier

Adrienne Forkey:

Betty Ann Colby (BF)

Nundy Batista:

Sylvia Ouellette
J.M. Turney (BF)

Wilfred Lagasse:

Sylvia Ouellette

Francese Baldwin:

Sylvia Ouellette

Peter Poulopoulos:

Sylvia Ouellette

FLOWERS RECEIVED IN MEMORY OF:

Shirley Ruggiero

Frances DeSanctis

THE SENIOR SCENE

Ludlow Senior Center



EVENING PROGRAMMING

The damage due to the January flood is still affecting our center. A contractor begins work on the lounge in early May and should be complete by June. We'll resume evening programming Tuesday, June 3.

○ Phone Number:

(413) 583-3564

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37 Chestnut Street
Ludlow, MA 01056

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Ludlow Council on Aging

○ Chairman:

Fred Lafayette

○ Vice Chairman:

Frank Krzanik

○ Secretary:

Lucille Carneiro

○ Treasurer:

Helen Grabowski

○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Rosalind Forti

Diane Goncalves

Sheena Santolini

Janice Grimaldi

Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.

March-September open Tuesdays until 7:30 p.m.

Alice's Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.

The boutique accepts donations of gently used or new clothing and merchandise.

Drop off donations at the front desk.

Fitness Room

Monday - Friday 8:00 a.m. - 4:00 p.m.

To join: \$10 sign-up fee, a completed doctor's form, and a one time orientation on equipment and room standards.

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- Sarah Gmeiner, Activities Director
- Kathy LoFland, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Debra Borecki, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Center in writing.